

DRAFT

HEALTH ADVISORY: FISH AND SHELLFISH CONSUMPTION GUIDELINES FOR CLEAR LAKE AND CACHE CREEK

Fish are nutritious, providing a good source of protein and other nutrients, and are recommended as part of a healthy, balanced diet. As with many other kinds of food, however, it is prudent to eat fish in moderation and to make informed choices about which fish are safe to eat. OEHHA provides this consumption advice so that people can continue to eat fish without putting their health at risk.

Women of childbearing age and children 17 years and younger may eat:	
ONCE A MONTH	Largemouth bass, smallmouth bass, channel catfish, white catfish, brown bullhead, green sunfish, black crappie, white crappie, Sacramento blackfish, Sacramento pikeminnow, hardhead, or Sacramento sucker OR:
ONCE A WEEK	Bluegill, hitch, carp, trout, or crayfish
Women beyond childbearing age and men may eat:	
ONCE A WEEK	Largemouth bass, smallmouth bass, channel catfish, white catfish, brown bullhead, green sunfish, black crappie, white crappie, Sacramento blackfish, Sacramento pikeminnow, hardhead, or Sacramento sucker OR:
3 TIMES A WEEK	Bluegill, hitch, carp, trout, or crayfish
<p>EAT SMALLER FISH OF LEGAL SIZE. Fish accumulate mercury as they grow.</p> <p>DO NOT COMBINE FISH CONSUMPTION ADVICE. If you eat multiple species or catch fish from more than one area, the recommended guidelines for different species and locations should not be combined. For example, if you eat a meal of fish from the one meal per month category, you should not eat another fish species containing mercury for at least one month.</p> <p>Meal size is assumed to be eight ounces for a 150-pound adult. If you weigh more or less than 150 pounds, add or subtract one ounce to your meal size, respectively, for each 20-pound difference.</p>	

CONSIDER YOUR TOTAL FISH CONSUMPTION: Fish from many sources (including stores and restaurants) can contain elevated levels of mercury and other contaminants. If you eat fish with lower contaminant levels (including commercial fish) you can safely eat more fish. The American Heart Association recommends that healthy adults eat at least two servings of fish per week. Shrimp, king crab, scallops, farmed catfish, wild salmon, oysters, tilapia, flounder, and sole generally contain some of the lowest levels of mercury.

FISH AND SHELLFISH CONSUMPTION GUIDELINES FOR BEAR CREEK

DO NOT EAT	No one should eat any fish or shellfish from Bear Creek
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